



IU5 Family Support Center

YOU ARE NOT ALONE



This interactive newsletter contains clickable links to many great resources!



WINTER 22-23 NEWSLETTER



How to Contact the Parent Consultant

My name is **Corinne Davis** and I am here to help you find answers to your questions about Special Education. Did you know that the Parent Consultant can support you at IEP meetings for your child? I can also help you discover disability resources, find community events, or connect with support groups. If you have any questions or concerns about your child's experience in Special Education, please feel free to reach out to me. I am happy to help in any way I can.

Call 814-450-3345 or email FSC@iu5.org.



WHAT WE'RE CELEBRATING THIS WINTER

- * **December 21** was the **Winter Solstice**, the shortest day of the year! It also marked the beginning of the days getting longer. We'll add 2 extra minutes of daylight each day until summer begins!
- * **Nothing Day** is **January 16th**. Take the time on this day to actually do nothing. Snuggle on the couch with your kids or pets, watch a favorite movie, eat your favorite snacks. Give yourself a much deserved break!
- * **January 29th** is **Puzzle Day**. Puzzles are a great way to improve spatial, motor, and problem-solving skills. They can increase creativity and concentration and even improve memory!
- * You probably know **February 14** as Valentine's Day, but did you know that it's also **Library Lovers Day**? Visit your local library and bring home some books to share with your child.
- * **March 19** is **Let's Laugh Day!** What are the things that make your child giggle? Fill this day with fun, smiles, and laughter to celebrate!



If there's one thing all of us could use more of, it's support. Especially those of us who have children with special needs. Parent to Parent of PA connects parents with other parents who have a child with the same disability. Parent mentors are a fantastic part of a support system. Even if your child has a rare genetic condition, Parent to Parent will help find and connect you with a mentor. [Get matched today!](#)



UPCOMING EVENTS

- * **The Autism Society** is hosting skill classes for ages 16 and up. Select from banking, household responsibilities, cooking, life skills, and lawn skills. ASNWPA members can register now. Non-members can register after January 17.
- * January 21: **The Autism Society** of Northwestern PA is hosting a pre-school / pre-k meetup, from 10am-11:30am. There is no cost to attend, but pre-registration is required.
- * Highschool students who are **thinking ahead to graduation** and what life might look like are invited to attend **OVR's Virtual Transition Night** on **March 30** from 6:30 - 7:30pm. Parents, students, teachers, special ed staff, and support staff are welcome. OVR's mission is to assist youth and adults with disabilities in securing and maintaining employment and independence. Email Jennifer at jdivins@pa.gov to register.
- * The **Erie Zoo** offers **educational classes** for infants, toddlers, pre-schoolers, families, and adults. You'll need to create a free account on the Erie Zoo website to view and sign up for classes. Start by clicking "Education". Children with special needs are welcome to attend!

UPCOMING TRAININGS



- There are many free virtual trainings available to parents & caregivers from many wonderful sources.
- * Are you the parent, grandparent, or caregiver of a child newly diagnosed with autism? **The Autism Society** is hosting an Autism 101 program on January 17, for those newly diagnosed or those experiencing struggles. There is **no cost to attend**, but you must register ahead.
 - *The **PA Family Network** and **Vision For Equality** offer many trainings relevant to **parents and caregivers of someone with a disability**. Upcoming webinars cover topics such as transitions through the lifespan, long term planning, and issues at school. Most webinars are held twice, one during the day and once in the evening. There is no cost to attend but you must register in advance.
 - ***Every Monday** at 7pm and **Friday** at noon, the **PA Parent & Family Alliance** hosts a virtual support group for parents and caregivers of children who are struggling with their mental health. This is a great place to connect with other parents, to share your experiences, or to just lend an ear to those in need.

March is Brain Injury Awareness Month

BRAIN INJURY FACTS & STATISTICS



EVERY 9 SECONDS
someone in the United States sustains a brain injury.

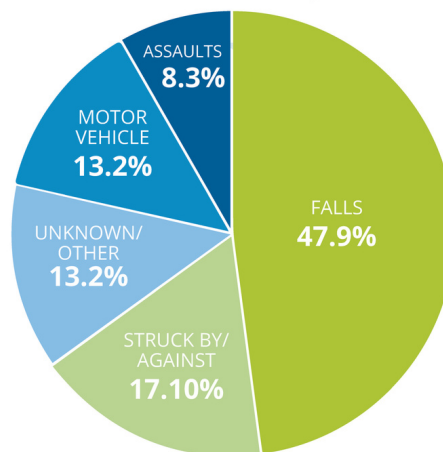
MORE THAN 3.6 MILLION
people sustain an ABI each year.

AT LEAST 2.8 MILLION
people sustain a TBI each year.

TYPICAL CAUSES OF ABI INCLUDE:

- Electric Shock
- Infectious Disease
- Lightning Strike
- Oxygen Deprivation (Hypoxia/Anoxia)
- Toxic Exposure
- Vehicle Accidents
- Seizure Disorder
- Trauma
- Substance Abuse/Overdose
- Stroke

LEADING CAUSES OF TBI



AN ACQUIRED BRAIN INJURY (ABI)

is any injury to the brain that is not hereditary, congenital, degenerative, or induced by birth trauma.

TRAUMATIC BRAIN

INJURY (TBI) is a type of ABI. A TBI is caused by trauma to the brain from an external force.

The number of people who sustain TBIs and do not seek treatment is **UNKNOWN**.

At least 5.3 million Americans live with a TBI-related disability. That's one in every 60 people.

Wondering about the signs and symptoms of a brain injury? Read this information article by [the Mayo Clinic](#).



Help is available for kids who are struggling in school after a brain injury through [BrainSteps](#).



www.biausa.org

Remember: Even a mild head injury is a serious head injury and should be assessed by a doctor.

CAREER STREET

LIFE AFTER HIGH SCHOOL

Figuring out what to do after high school isn't always a simple path with clear answers. While college is an obvious choice for many teenagers, others may struggle to discover a career path that excites them. Fortunately, there is help!

Career Street is a comprehensive career exploration and planning program linking local businesses, nonprofit organizations, and schools to create and share experiences for students to job shadow, intern, tour companies, benefit from class speakers, and participate in career workshops and fairs. In 2020, Career Street added virtual experiences to accommodate for safe, socially distanced career exploration.

Career Street's goal is to unite employers, schools, and nonprofit organizations in the pursuit of a well-prepared future workforce, and to help better prepare students for the careers they want.

To explore what Career Street has to offer, please visit CareerStreetErie.org. Let your school's office know if there is an opportunity you would like your high school student to explore.



What does Physical Therapy in school look like?



PROVIDER CORNER

Did you know that there is a difference between how physical therapy is provided at school vs. how it is provided outside of school?

Physical therapists, or PTs, who work with students at schools focus their services on making sure the student can thrive in school. They work on skills that will help the student participate in school activities, such as climbing stairs, navigating the school, being able to participate in gym class, and support them in their activities of daily living. The goal of PT in school is to make school easier for the child.

PT in a clinical setting focuses on a child's specific medical conditions and impairments in a one-on-one setting. The goal of PT in a clinical setting is to increase overall strength and stamina to make everyday life easier for the child.

The IU currently has 8 PTs across Erie, Crawford, and Warren counties.

PARENT SURVEY

Please take a few moments to [review our parent survey and provide your input](#). No personal information is collected and the survey is completely anonymous. The survey is hosted by Microsoft and **no log in is required to complete it**.

Our goal is to improve how your child experiences school at every step of the way. Your input will help us achieve that goal.



Northwest Tri-County Intermediate Unit 5
(814) 734-5610 or toll free (800) 677-5610

It is the policy of the Northwest Tri-County Intermediate Unit not to discriminate on the basis of age, religion, sex, race, color, national origin, ancestry, disability, or non-job related disability (including sexual harassment, sexual orientation, gender identity, and gender expression), in the admission or access to, or in the provision of services, programs, or employment in compliance with Title VI of the Civil Rights Act of 1964, Section 1604 of Title VII of the Civil Rights Act of 1964, Executive Order 11246 and 11375, Title IX of the Educational Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act of 1990, the Age Discrimination in Employment Act, the Civil Rights Act of 1991, the Pennsylvania Human Relations Act.
For information relevant to this policy statement, contact: Christine Carucci, 504 Coordinator, and ADA Coordinator, or Sally Daehnke, Title IX Coordinator - 252 Waterford Street, Edinboro, PA 16412 Phone (814) 734-5610 TDD (814) 734-1098



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